



 **How To Cook 8 🌟 Baked Spice Potatoes**

eDitorial work N°36

by L.Guidali N°36

ETOILE

(You can watch this recipe in video on [eManation](#))

Let's Cook!

💡 HOW ? ▼

🔥 **ACTION ONE** (5✓) (👨🍳 Preparation) Prepare the potatoes :

👣 **Step 1** (3,5✓) (Page 8)

👣 **Step 2** (1,5✓) (Page 14)

🔥 **ACTION TWO** (5✓) (👨🍳 Preparation) Prepare the spices for the recipe :

👣 **Step 3** (5✓) (Page 22)

🔥 **ACTION THREE** (2✓) (👨🍳 Preparation) Prepare the potato dish before Baking :

👣 **Step 4** (2✓) (Page 34)

🔥 **ACTION FOUR** (3✓) (👨🍳 Baking) Bake your preparation of potatoes and spices :

👣 **Step 5** (3✓) (Page 40)

✅ **Finish** (Page 42)

+ 15,5 ✓ Experience Points in cooking

+ 1 🕊️ Points of Morality (🍏 Vegan)

eXplanation :

Peel and cut the potatoes in small squares.

Then clean the potatoes with water several times.

Then put the potatoes in a drain, Wait about 10 minutes (So that the potatoes do not get wet when cooking).

Cut a clove of garlic (6 - 7g About).

Place your potato wedges in a big bowl and pour in 105 ml of olive oil. Then pour the garlic cut into the salad bowl (Already cut beforehand).


Mix the potatoes and add a lid and wait about 10 Minutes for the spices to impregnate the potatoes.


In a dish designed for cooking, add baking paper (so that the potatoes do not stick)

Spread the potatoes on the sulfuric paper.

Light your oven (at a temperature of: 200 ° C - 392 ° F).

Let the potatoes cook for 40 minutes (stirring the potatoes about every 10 minutes).

 1 Tablespoon = 15G - 15ML (About)

 1 Teaspoon = 5G - 5ML (About)

 Remember to turn the potatoes regularly (About every 10 Minutes).

 Do not hesitate to divide the dosage according to the number of people who eat.

 Difficulty :  Easy (Level 2 )

 Skills : Some little notions of cooking

 Senses :  Vision  To Touch  Proprioception  Smell  Thermoception  Equilibrioception  Taste

 **Intelligences :**  Kinesthetic Body Intelligence

 Intelligence Logic Mathematics

 Imagination

 **State of Mind :**  Focus

 Patient

 Perfectionist

 Methodical

 Organize

 **Context (Example) :**  Accompaniment of a Dish

 Recipe Garnishes

 **Tools ( 5) (1 #Optional) :**

 Cooking System

 Salad Bowl

 Drainer

 Dish for Cooking

 Baking Paper (So that does not stick) {If you do not have one, Stir potatoes regularly} (#Optional)

 **Ingredients 7 ( Recipe) :**  1434 Calories

 Olive Oil  105ML  630 Calories

 Salt  4g  0 Calories

 Potato  1Kg  770 Calories

 A Clove of Garlic  7g  7 Calories

 Oregano  7g  19 Calories

 Pepper  2g  6 Calories

 Parsley  7g  2 Calories

 **Consider nutrient intake too and not essentially calorie intake**

 **WHAT ?** 

 **How To Cook {8} Step by Step**

 **Baked Spice Potatoes**

 **Potatoes World**

 **Accompaniment/Vegan Galaxy**

 **Cooking Universe (🍳)**

 **Type :** Cooking Potatoes (🥔 Accompaniment) (🍏 Vegan)

 **Style :** Cooking Potatoes with Olive Oil and Spices.

 **Language :**  International (🇬🇧 description and steps in English, but comprehensible by the whole world)

📖 HOW MUCH ? ▼

👣 5 Steps

🔥 4 Actions

✓ 15,5 Experience Points

🔧 5 tools (1 #Optional)

🍲 7 Ingredients

🛡️ 1434 Calories (About)

🔍 Dosage (Weight) (About) : (💧 Liquid - 105ML) (🥕 Solid - 1027g) {Weight of total ingredients used}

👤 How many people : 2-8 Persons (4 Medium) (🥜 Accompaniment)

🕒 Preparation Time : 9 Minutes Minimum - 22 Minutes Maximum

🕒 Waiting Time : 20 Minutes

🔥 Cooking Time : 40 Minutes

🌡️ Temperature Cooking : Bake : 200°C - 392°F

👤 7 Senses

🧐 3 Intelligences

🧠 5 State of Mind

🕵️ WHO ? ▼

 Cook by LG

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? WHY ? 

Learn How To Cook Baked Spice Potatoes

📍 WHERE ? 

Pontault Combault ( France)

🕒 WHEN ? 

 17 28 December 2017

 **Duration :** 1.09 Hour Minimum ~ 1.22 Hour Maximum

⚠️ The duration depends on the performance and tools used by the author. That is why this is indicated from the minimum to the maximum

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Let the potatoes cook for 40 minutes (stirring the potatoes about every 10 minutes).



 **ACTION ONE** (5✓) ( Preparation) Prepare the potatoes :

👣 Step 1 (3,5✓)





Potato (1Kg)

Suggestion :  Trick Universe



Step 1









👣 Step 2 (1,5✓)









Suggestion : 🍷 Drawing Universe ⓘ

Step 2



Suggestion : 🍷 Drawing Universe ⓘ

Step 2





Suggestion : 🍷 Drawing Universe ⓘ

Step 2



🔥 **ACTION TWO** (5✓) (👤 Preparation) Prepare the spices for the recipe :

👣 **Step 3** (5✓)





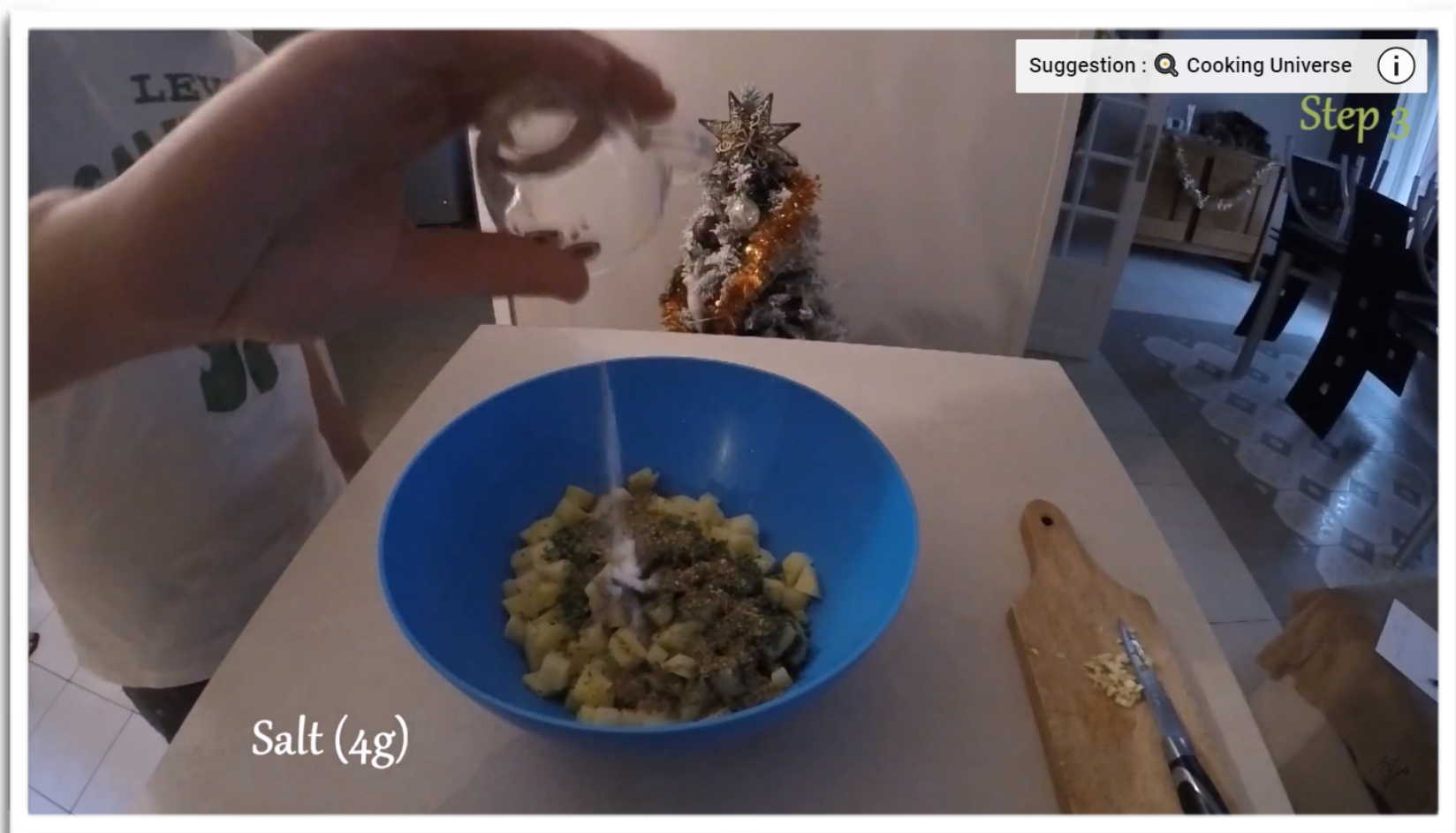




















🔥 **ACTION THREE (2✓)** (👤 Preparation) Prepare the potato dish before Baking :

👣 **Step 4 (2✓)**













🔥 **ACTION FOUR (3✓)** (👨🍳 Baking) Bake your preparation of potatoes and spices :

👣 **Step 5 (3✓)**





✓ Finish

+ 15,5 ✓ Experience Points in cooking



